



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01235, Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener

Report Date: July 11, 2017 15:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	73.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kcal	104	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kJ	433	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Protein	g	4.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Total lipid (fat)	g	0.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Ash	g	1.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carbohydrate, by difference	g	19.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fiber, total dietary	g	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sugars, total	g	12.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Minerals													
Calcium, Ca	mg	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Iron, Fe	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Magnesium, Mg	mg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Phosphorus, P	mg	129	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Potassium, K	mg	339	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sodium, Na	mg	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Copper, Cu	mg	0.203	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Selenium, Se	µg	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Riboflavin	mg	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Niacin	mg	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-6	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Choline, total	mg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12	µg	0.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Retinol	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, beta	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, IU	IU	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lipids													
Fatty acids, total saturated	g	0.488	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
4:0	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
6:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
8:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
10:0	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
12:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
14:0	g	0.071	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:0	g	0.241	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:0	g	0.104	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total monounsaturated	g	0.205	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:1 undifferentiated	g	0.187	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total polyunsaturated	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:2 undifferentiated	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:3 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cholesterol	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2011